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NEWS
WORTH
SHARING.

Boyfriend takes the stand

Mason Campbell tells the court why he didn't pick up Amber Kirwan on the night she died **PAGE 4**

Helping South Sudan see a way forward

Program that exchanged surgery for sit-downs with rivals put on hold **PAGE 14**

How does a Canuck fare in the land of the thin?

Well it's a funny story; hear it from comedian Debra DiGiovanni **PAGE 17**

HIGH FIVE MOOSE!

HERD BEAT ISLANDERS THANKS TO 5 DIFFERENT SCORERS **PAGE 21**



BIRDS AND BRRRS

A fisherman sails past the McNab's Island Lighthouse at the mouth of the Halifax Harbour on Wednesday. It was a sunny but cold day in the city, with more of the same forecasted for today before temperatures warm up for the weekend.

JEFF HARPER/METRO

'Monumental' change for transit

Green light. Service to get complete, start-from-scratch overhaul

Halifax regional council has given unanimous approval to Metro Transit's request to expand its five-year-service review to a system-wide redesign.

Transit officials appeared before the Committee of the Whole at city hall Wednesday

to explain the new proposed "Moving Forward Together" plan, based on principles that emerged from public consultations last fall on a five-year strategic framework.

"There have been some changes in recent years that are moving in the direction that the principles lay out," Metro Transit manager of planning and scheduling Dave Reage told the committee. "However, in order to fully embrace the principles, we need to go further."

Reage said the "monumental" change in scope will move transit's system — which hasn't been reviewed since the early '90s — towards a high-frequency, high-ridership, transfer-based system which places a greater emphasis on transit within the transportation network.

"You're replanning everything, looking at everything from scratch as opposed to just looking at tweaks on the system," he said.

Pushing for public

"We need to get out there and say, 'What would it take to get you, Mr. SUV driver with one person in the front seat, into a train, a ferry, a bus, an express bus, whatever?' This is what we have got to do." Coun. Tim Outhit

Drafting the new plan would cost another \$315,000 and it isn't expected to be ready until 2016 — a source of concern for some councillors.

"When somebody comes

during the next two years and says, 'This (route) should be reduced, there's nobody using it and we have people standing in a snowbank over here who could be using it,' we're not go-

ing to be told, 'Sorry, we're not doing anything for two years?'" asked Coun. Tim Outhit.

"We would not rule out that outcome," said CAO Richard Butts.

Other councillors urged transit officials to focus public consultation on non-transit users in rural and suburban areas. "I think that's the most unbiased opinions and probably some fresh good ideas," said Coun. Barry Balrymple.

RUTH DAVENPORT/METRO

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Transit subsidy

Half-price tickets raise eyebrows

A pilot project to give half-price transit passes to low-income residents has been sent back to city staff for more fine-tuning.

The Committee of the Whole briefly deliberated the recommendation from the Transportation Standing Committee on Wednesday before asking staff to develop implementation and administration details.

"I'm a bit concerned that we're making policy on the fly here that we'll regret at a future date," cautioned CAO Richard Butts before suggesting the deferral.

Under the six-month project, 500 monthly transit passes would be offered to low-income residents.

Council agreed to use Statistics Canada's Low-Income Cutoff to determine eligibility but decided to send the proposal back to staff when some members raised concerns regarding social-assistance recipients, saying they'd get a "double subsidy" of transit fares.

Coun. Russell Walker argued against such restrictions, particularly for a pilot project.

"Now we're putting all these stipulations on so more people will not be qualified for the program," he said. "Five hundred dollars a month on social assistance ... I don't think you're helping very much."

Mayor Mike Savage also said abuse of the program wasn't much of a concern.

"I don't think abuse will be the problem, I think lack of use will be the problem," he said.

RUTH DAVENPORT/METRO



Passengers board the bus at the Dartmouth bridge terminal on Wednesday. JEFF HARPER/METRO

Budget debates for 2014-15 underway

Optimism. CAO and Metro Transit make their first presentations



RUTH DAVENPORT
ruth.davenport@metronews.ca

Halifax regional council's budget deliberations for 2014-15 kicked off with an overview of both HRM and Metro Transit's finances — both seemingly in pretty good health.

CAO Richard Butts told the Committee of the Whole on Wednesday that preliminary estimates show a gap between revenues and expendi-

tures of about \$20 million this year, but projections are for a small surplus.

"We're about \$8 million now with still a quarter (of the year) to go," he said.

The city's business unit will be asked to find efficiencies of \$20 million, though Butts said that doesn't mean cuts to services.

"We talk about technology. That's a process using other means to streamline our operations," he said. "I also spoke about where we have our people working, how many buildings do we have them working in."

Looking at longer-term issues, Butts said councilors should consider increas-

Look for yourself

See HRM's budget overview and the Metro Transit draft budget online at halifax.ca.

ing pressure from pensions, growing capital costs and HRM's debt-management policy.

City staff have drawn up two scenarios for residential taxes, one which increases the tax burden but not the rate by inflation and another that adds nothing to the burden.

During his presentation to council, Metro Transit director Eddie Robar told

council no fare or transit-tax increases will be needed in 2014-15.

He said priority focuses in the next year will be on technology upgrades, the new "Moving Forward" plan and managing overtime costs by addressing absenteeism.

"We are projecting a reduction," he said in response to Coun. Tim Outhit, who noted that overtime costs topped \$5 million last year.

"Even though we're putting in lots of service hours every year and growing that exponentially, the overtime isn't growing exponentially."

Council approved transit's draft budget and business plan unanimously.

1 NEWS

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Amber Kirwan's boyfriend testifies at murder trial

Stabbing death.

Didn't pick her up at bar because he was driving illegally

The boyfriend of a young woman who was stabbed to death more than two years ago says he didn't want to pick her up at the bar she was at the night she disappeared because he was driving illegally.

Mason Campbell told the first-degree murder trial of Christopher Alexander Falconer on Wednesday that there had been a party on the night of Oct. 8, 2011, at the apartment he and Amber Kirwan shared near Pictou Landing.

Falconer, 31, is on trial in the Supreme Court of Nova Scotia in Pictou in the death of Kirwan, who was 19. Her body was found in a shallow grave off a rural road outside New Glasgow about a month after she disappeared.

After a night of drinking and socializing with old school



Amber Kirwan
CONTRIBUTED

friends and work colleagues, Campbell said Kirwan decided to accompany some of them to a pool hall and bar in

New Glasgow.

Campbell said he stayed behind with some others to socialize and to clean up the apartment. Although he told Kirwan he would follow her to the bar, he said he wasn't that committed to the idea.

"I wasn't set on going to the bar," he said. "I wasn't making an effort."

Campbell said Kirwan called her friend Renee Avery, who had also stayed behind and asked her to tell Campbell she needed a ride.

He spoke to Kirwan and agreed to pick her up at a convenience store a couple of minutes walk from the pool hall.

When Crown prosecutor Bill Gorman asked why he didn't go to the pool hall to pick up Kirwan, Campbell said he was worried about police being in front of the popular night spot.

"I was driving illegally at the time, no insurance and no inspection," he replied.

Campbell said he drove to the convenience store but there was no sign of Kirwan, so he parked by the local Legion branch on a side street early on the morning of Oct. 9 in hopes of seeing her approaching.

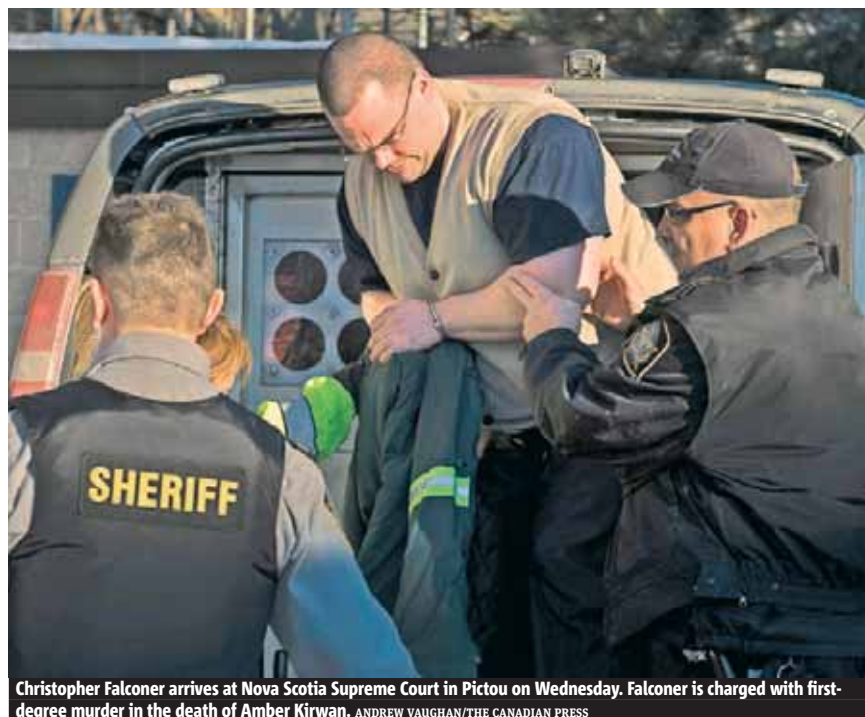
"Did you see her?" asked Gorman.

"No," Campbell replied.

THE CANADIAN PRESS

Body left off rural road

The Crown says Amber Kirwan's naked body was left face down off a rural road outside New Glasgow after she was bound, stabbed repeatedly and bled to death.



Christopher Falconer arrives at Nova Scotia Supreme Court in Pictou on Wednesday. Falconer is charged with first-degree murder in the death of Amber Kirwan. ANDREW VAUGHAN/THE CANADIAN PRESS

Judge pushes back verdict in North Preston murder case



Demarco Smith leaves court on Wednesday. JEFF HARPER/METRO

The trial of a Halifax man charged with second degree murder has been adjourned until later this month.

Demarco Smith is charged in the February 2010 stabbing death of Casey Downey at a house in North Preston.

A Nova Scotia Supreme Court judge was expected to deliver his verdict Wednesday, but the case was put off until

Jan. 27.

Crown attorney Roland Levesque says the judge needs more time to make his decision.

Smith's trial wrapped up in late November.

He's been free since March 2010 on a \$20,000 recognizance secured by property belonging to his mother.

ALY THOMSON/FOR METRO

Man airlifted to hospital after crash on Highway 101

RCMP say a man was airlifted to hospital with serious injuries after a single-vehicle crash on Highway 101 in the Windsor area.

Police say the crash happened around 11:40 a.m. Wednesday near Ellerhouse, about 55 kilometres northwest of Halifax.

The Mounties say the car was driving in the westbound

lane between exits three and four when it left the road, rolled over and ended up in the eastbound lane.

Staff Sgt. Dan Austin says a man who was driving the car was airlifted to hospital with serious injuries, while the car's passenger, a woman, was taken to a hospital in Windsor.

A section of the highway

Single-car accident

Police say the vehicle was extensively damaged.

was shut down for a couple of hours as a police traffic analyst investigated the cause of the crash. METRO

Numbers down overall

Slight decrease in monthly impaired driving stats

Halifax police say 47 people were arrested for impaired driving last month, down slightly from 49 in November.

In a release issued Wednesday police say they charged 37 men and 10 women between the ages of 19 and 67 with impaired driving in De-

cember.

Two cases involved drug impairment, and another 17 people had their licenses suspended for driving after drinking alcohol.

One man was charged twice in a week, the first on Dec. 7 and again on Dec. 12.

Impaired driving numbers were down overall for the year, with 615 drivers charged in 2013 compared with 677 in 2012. METRO

Lunenburg County

Woman, two boys remain in critical condition

RCMP say two boys and a woman remain in hospital in critical condition after the car they were riding in collided with an SUV in Lunenburg County.

Police say the crash between the SUV and their Ford Focus happened on Highway 325 around 3:20 p.m. Tuesday in the com-

munity of Oak Hill.

Cpl. Jamie Vacon says the driver of the car, a 37-year-old woman, and two boys, ages nine and 13, were all critically injured. The nine-year-old boy was airlifted to hospital, while the other two were taken to hospital by ambulance.

The Jaws of Life were used to get them out of the car, which sat heavily damaged in a ditch on Tuesday. METRO

Runaway minor

Man gets jail time for having sex with minor

A 37-year-old Antigonish man has been sentenced to two years in prison for having sex with a 14-year-old girl.

Terry Leonard George Fitzgerald will also be on probation for 18 months after his release.

The incident happened after the victim and her

friend ran away from an aunt's house and asked to spend the night with Fitzgerald who was then living in Stellarton. When confronted by the aunt and police, the 14-year-old admitted to having sex with Fitzgerald but said she was not forced and it had only happened once.

Judge Del Atwood rejected the Crown's argument Fitzgerald was in a position of authority, but stressed a minor is incapable of giving consent. NEW GLASGOW NEWS



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Cape Breton. Man charged with killing his mother makes court appearance

The 30-year-old son of a Cape Breton woman made a brief provincial court appearance Wednesday charged with second-degree murder in connection with his mother's death in May of last year.

Merlin Demers Kennedy of Framboise, Richmond County, has been remanded to the Cape Breton Correctional Centre and is scheduled to appear in court again Thursday in Port Hawkesbury.

The body of Michelle Demers-Kennedy, 58, has never been recovered despite extensive searches by RCMP of the rural area where the woman lived. The searches included a property owned by her son, which is located about three kilometres away from where the victim lived on Three Rivers Road.

Michelle Demers-Kennedy, who lived alone, was first reported missing May 12 after a friend went to check on the woman and could not locate her. Her son was arrested at his home Tuesday without incident, according to RCMP.

During his Sydney court appearance, the accused, through his duty counsel lawyer, re-



Merlin Demers Kennedy, 30
CAPE BRETON POST

quested he be held in a cell by himself with no other inmates.

Provincial court Judge David Ryan said he would make the request on the remand order but noted he has no authority to make such an order.

Cape Breton's chief Crown attorney Dan MacRury said any bail application by Kennedy will have to be heard in Supreme Court because of the nature of the charge.

The charge against the son concludes a seven-month investigation by RCMP.

CAPE BRETON POST

Cause of death. Local sailor died from asphyxia in Seychelles: Police

Police in Seychelles say they are continuing to investigate the death of a Canadian sailor who died of asphyxia while on shore leave.

Police spokesman Jean Tous-saint confirmed Lt. Andrew F. Webster's cause of death.

He says he does not have any additional information about the circumstances of Webster's death.

Webster was found dead in his hotel room Thursday afternoon.

His remains were returned to Halifax on Monday.

No foul play

- Police say foul play is not suspected.

Webster, a 15-year member of the Canadian Armed Forces, was serving on board the frigate HMCS Toronto, which has been part of counterterrorism and anti-piracy operations in the Arabian Sea for most of this year.

THE CANADIAN PRESS

Set for Jan. 21

E-cigarette forum announced

E-cigarettes have been gaining popularity as a cleaner alternative to tobacco smoking over the past year, and the Lung Association of Nova Scotia has announced it will hold a public forum on the issue later this month.

"Our goal ... is to explore all sides of the e-cigarette story, enabling us to create a more informed position and to better advise the public how to improve their lung health," said association president Louis Brill. The forum will be held on Jan. 21 at 6 p.m. at the Nova Scotia Community College's Institute of Technology Campus in Halifax. METRO



Cold wave hovers over Halifax as temperatures take a dip

A pedestrian in a warm coat walks past the wave statue on the Halifax waterfront on Wednesday. Temperatures in the region dipped to -13 C, which felt even colder by the water. JEFF HARPER/METRO

Fewer cancelled flights at airport

Weather woes. Spokesman hopes things will be back to normal by weekend

Things are looking up at the Halifax Stanfield International Airport as clear local conditions and improvements in Toronto have resulted in fewer cancelled flights.

Airport spokesman Peter Spurway said Wednesday's schedule was a "huge improvement" over Tuesday.

"We're not 100 per cent, but we're probably in the

90s," Spurway said.

He said the improvements are thanks to Toronto's Pearson International Airport "loosening up" Wednesday, which allowed flights around the Eastern seaboard to start moving around as well.

The halt on all incoming flights to Pearson on Tuesday morning caused many airports across Canada, including Halifax, a backlog of cancelled flights and long lines of would-be travellers.

However, Spurway said the airport appeared to be business as usual on Wednesday.

"It is a vast improvement over the situation that our

passengers faced yesterday," Spurway said. "Yesterday it looked like a camp, with people settling in all over the place."

The airport provided entertainment for those who were waiting for delayed flights, but Spurway said there were only a couple cancellations due to Toronto issues on Wednesday.

He said the airport hopes to be back to normal by the weekend, but much of the schedule depends on how Toronto is doing.

"That's an awful situation to be in," Spurway said. "If we had a situation where we can't



The Halifax Stanfield International Airport JEFF HARPER/METRO

accept airplanes for an hour or two, it causes issues. They were eight hours in the busiest airport in the country."

HALEY RYAN/METRO

Rob Sobey stepping down as Lawtons CEO

Lawtons Drugs says Rob Sobey, who has led the company as president and CEO for the past eight years, is retiring at the end of the month.

Sobey, who plans to devote more time to his outside business and philanthropic interests, will continue to serve on the

board of Empire Company Ltd., Lawtons said Wednesday.

Lawtons is a subsidiary of Nova Scotia-based Sobeyes Inc., which in turn is held by Empire.

The top job at Lawtons is being assumed by Vivek Sood, who has been named general manager.

At a glance

Sobeyes, with headquarters in Stellarton, owns or franchises more than 1,500 stores across Canada.

Sood has served in a var-

iety of progressively senior merchandising and finance roles both with Sobeyes and Empire since joining Sobeyes in 2000.

For the past four years, he has filled a number of leadership positions within Lawtons, most recently as senior vice-president.

THE CANADIAN PRESS

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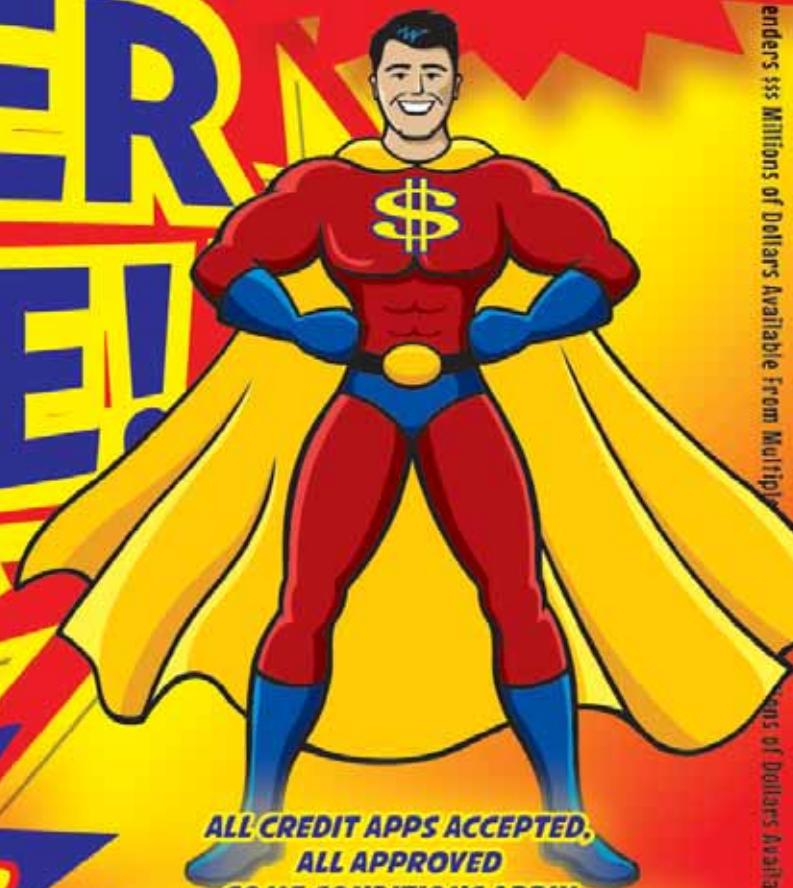
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Road safety. U.K. survey shows many men have fallen asleep at the wheel

Driving tired carries similar risks to driving drunk, but, according to a new British survey, sleeping at the wheel is common, with men being by far the worst offenders.

In the survey of 1,000 drivers, British road safety charity Brake found that 45 per cent of men admitted "microsleeps" of up to 30 seconds while driving. The figure for women was 22 per cent. A further 14 per cent of male drivers have slept for longer periods behind the wheel, while just two per cent of women had done the same.

An estimated one-in-six fatal road crashes result from tiredness. These typically involve vehicles veering off the road or a driver failing to brake.

"Men are much more likely to take risks at the wheel, such as setting off on journeys without enough sleep, or trying to push through if they feel drowsy," Ellen Booth, senior

campaigns officer at Brake, told Metro. "We see this trend across the board when it comes to road safety."

Booth believes "cultural and biological" factors explain why men take more risks. More than 90 per cent of those convicted for dangerous driving in Britain are male, while a recent U.S. study found that men caused 80 per cent of crashes. Researchers are concerned that tiredness is adding to the trend.

Brake is calling for more education to ensure that drivers sleep enough and take regular breaks, as well as an audit of roads to guarantee rest areas. In the U.S., the state of New Jersey has gone further by making it a criminal offence to drive tired.

Another possible solution may come from technology, with devices in development that aim to keep drivers awake. **KIERON MONKS/METRO WORLD NEWS IN LONDON**



According to a new British survey, sleeping at the wheel is common, and men are by far the worst offenders. ISTOCK

Florida

Police: DNA shows 2 women involved in slaying of Canadian couple

Police in Florida believe two women were involved in the killings of a Canadian couple one year ago.

David Pichosky, 71, and Rochelle Wise, 66, of Toronto were found dead by asphyxiation on Jan. 10, 2013, in their winter home. The DNA profiles of two females were found at the scene, said police Chief Dwayne Flournoy.

"The science tells us that there are two females that are involved in this homicide, at least two," he said Wednesday. "It's only a matter of time before we get our match, and we will get our match."

THE CANADIAN PRESS

Changes implemented

'Mistake' that let protesters get close to PM has been fixed: RCMP

The RCMP says it has identified and fixed the "mistake" that allowed two climate-change protesters to walk onto a stage within touching distance of Prime Minister Stephen Harper.

However, the force isn't saying just what the mistake was or what specifically was done to prevent it from happening again.

RCMP Cpl. Lucy Shorey says in a statement that the force continues to review the incident, and it has implemented changes to ensure it doesn't happen again. **THE CANADIAN PRESS**



PM defends rail safety record in wake of N.B. derailment

Derailed train cars burn in Plaster Rock, N.B., Wednesday. A CN freight train carrying crude oil and propane derailed Tuesday night in a sparsely populated region of northwestern New Brunswick, leading to the evacuation of 150 people. It's at least the third such serious incident on North American rails since last July's deadly derailment in Lac-Mégantic, Que., that claimed 47 lives. Prime Minister Stephen Harper, speaking to reporters in Inuvik, N.W.T., Wednesday, defended his government's record on rail safety, saying the government has "vastly" increased rail safety and rail inspections. **TOM BATEMAN/THE CANADIAN PRESS**

Fatal bird flu case surfaces in Alberta

First in North America.

Health officials assure public that incident was isolated, unrelated to seasonal flu and risk to public is small

Federal public health officials say a fatal human case of H5N1 bird flu has been reported in Canada, the first such case in North America.

Health Minister Rona Ambrose says the case, which was located in Alberta, was an isolated one and that the risk to the general public is small.

"The risk of getting H5N1 is very low," Ambrose told a hastily assembled news conference in Ottawa via conference call.

"This case is not part of the seasonal flu, which circulates in Canada every year."



A coloured transmission electron micrograph of Avian influenza A H5N1 viruses (seen in gold) are shown in a 1997 image. CDC/THE CANADIAN PRESS/HANDOUT

The H5N1 strain is unrelated to the seasonal flu outbreak, Ambrose added.

Health officials say the victim had travelled to China last month and was hospitalized after returning to Alberta on Jan. 1, then died two days later.

They say that while it remains unclear how the

person contracted the virus, there is no evidence of human-to-human transmission.

"The health system did everything it could for this individual, and our thoughts are with the family at this time," Ambrose said.

Dr. James Talbot, Alberta's chief medical officer

of health, said that family members of the victim are being monitored and treated with medication, noting that there's nothing to indicate they are sick.

"Public health has followed up with all close contacts of this individual and offered Tamiflu as a precaution," Talbot said.

"None of them have symptoms and the risk of developing symptoms is extremely low. Precautions for health-care staff were also taken as part of this individual's hospital treatment."

The World Health Organization says that as of mid-December, there had been 648 laboratory-confirmed human cases of H5N1 flu since 2003, reported from 15 countries. Of that total, 384 infections have been fatal.

In 2013, there were 38 worldwide cases of H5N1, 24 of which were fatal.

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Solar flare. Sun delays space station supply run

A strong solar storm is interfering with the latest supply run to the International Space Station.

On the bright side, the orbiting lab has won a four-year extension, pushing its projected end-of-lifetime to at least 2024, a full decade from now.

"This is a big plus for us," said NASA's human exploration chief, Bill Gerstenmaier.

On Wednesday, Orbital Sciences Corp. delayed its space station delivery mission for the third time.

The company's unmanned rocket, the Antares, was set to blast off from Wallops Island, Virginia, with a capsule full of supplies and science experiments, including ants for an educational project. But several hours before Wednesday afternoon's planned flight, company officials took the unusual step of postponing the launch for fear solar radiation could doom the rocket.

Orbital Sciences' chief



In this Tuesday image, a giant cloud of solar particles explodes off the sun, which is obscured to show the atmosphere around it.

ESA/NASA-SOHO/THE ASSOCIATED PRESS

technical officer, Antonio Elias, said solar particles might interfere with electronics equipment in the rocket and lead to a launch failure.

THE ASSOCIATED PRESS

Taking the plunge

Giffords skydives to commemorate third anniversary of shooting

Gabrielle Giffords, the former congresswoman severely injured three years ago in a mass shooting, has made an impressive recovery, learned to walk again and founded a national political organization. On Wednesday, while others gathered for bell-ringing and flag-raising ceremonies, she marked the anniversary by skydiving.

THE ASSOCIATED PRESS

Insane Clown Posse

Rap-metal duo sues U.S. Justice Department

The Insane Clown Posse sued the U.S. Justice Department on Wednesday over a 2011 FBI report that describes the rap-metal duo's devoted fans, the Juggalos, as a dangerous gang, saying the designation has tarnished reputations and hurt business.

The American Civil Liberties Union filed the lawsuit in Detroit federal court on behalf of the group. THE ASSOCIATED PRESS

Ontario. McMaster lab cracks genetic code of 1800s cholera bacteria

Canadian and American scientists have mapped the genetic blueprint of the cholera bacteria responsible for a 19th-century pandemic of the disease, cracking open a veritable medical time capsule to do so.

The researchers, led by the Ancient DNA Centre at McMaster University in Hamilton, mined a postage stamp-sized piece of tissue taken from the preserved intestine of a Philadelphia man who died of cholera in 1849.

era in 1849.

The work confirmed the suspicion that the outbreak — the second of seven cholera pandemics in history — was caused by what is known as the classical strain of the bacterium *Vibrio cholera*. Currently most cholera disease is triggered by another strain — El Tor — that displaced classical as the most common cause of illness in the 1960s.

THE CANADIAN PRESS

North Korean leader serenaded by Rodman

Basketball diplomacy.

Former NBA player hopes to build connections with North Korea through the sport

Dennis Rodman sang Happy Birthday to North Korean leader Kim Jong-un before leading a squad of former NBA stars in a friendly game Wednesday as part of his "basketball diplomacy" that has been criticized in the United States as naive and laughable.

Rodman dedicated the game to his "best friend" Kim, who along with his wife and other senior officials and their wives, watched from a special seating area. The capacity crowd of about 14,000 at the Pyongyang Indoor Stadium clapped loudly as Rodman sang a verse from the birthday song.

Rodman said he was honoured to be able to play the game in the North Korean capital and called the event "historic." Some members of the U.S. Congress, the NBA and human rights groups, however, say he has become a public relations tool for North Korea's government.

The government's poor human rights record and its threats to use nuclear weapons against rival South Korea and the United States have kept it a pariah state. Kim shocked the world in December by having his uncle, once considered his mentor, executed after being accused of a litany of crimes including corruption,



Dennis Rodman sings Happy Birthday to North Korean leader Kim Jong-un, seated above in the stands, before an exhibition basketball game at an indoor stadium in Pyongyang, North Korea, on Wednesday.

KIM KWANG HYON/THE ASSOCIATED PRESS

womanizing, drug abuse and attempting to seize power.

Rodman, 52, has refused to address those concerns while continuing to forge a relationship with Kim, whose age has never been officially disclosed. The government did not say how old he turned Wednesday but he is believed to be in his early 30s.

To keep it friendly, the Americans played against the North Koreans in the first half, but split up and merged teams for the second half.

THE ASSOCIATED PRESS

Held prisoner

Rodman refuses to help

The sister of a U.S. man imprisoned in North Korea says his family can't believe what Dennis Rodman said about him while on a basketball trip to celebrate the birthday of leader Kim Jong-un. Terri Chung told KOMO Radio in Seattle on

Wednesday the family was appalled that someone in a position to help 45-year-old Kenneth Bae refuses to do so. Chung says Rodman may be hurting efforts to free her brother. Chung says it's clear Rodman "has no idea what he's talking about." In a CNN interview Tuesday, Rodman implied Bae may deserve his punishment.

Two websites to stop billing people to remove mug shots

Two Internet sites that make money by posting millions of mug shots of people who've been arrested have agreed to stop charging them to take down their photos as part of a settlement in a federal lawsuit.

The lawsuit came about after a number of complaints from people who said the websites were charging hundreds of dollars to

remove the mug shots even if the cases against those arrested had been dropped.

The settlement in U.S. District Court in Toledo, Ohio, doesn't apply to all of the mug shot sites that can be found online, just two — BustedMugshots.com and MugshotsOnline.com.

Similar lawsuits have been filed in Florida, Illinois, and Pennsylvania

while legislators in Georgia and Utah have passed laws aimed at stopping the sites from charging to remove arrest photos. Lawmakers in California are considering a similar proposal.

But efforts to rein in the sites have been complicated by questions about whether the attempts infringe on First Amendment rights and the difficulty of tracking

down who owns the sites, some of which claim to originate from outside the country.

Some operators say they're performing a public service by providing information about arrest records that can be found by parents and neighbours without searching through court records.

THE ASSOCIATED PRESS

Blind man files complaint against cab company

Rights. Saskatoon's Comfort Cabs accused of poor accommodation for service dog



After two unsuccessful mediation attempts, the Saskatchewan Human Rights Commission is investigating Mike Simmonds' complaint against Comfort Cabs in Saskatoon.

Simmonds charges that on three separate occasions this past fall, the taxi service was unaccommodating of his need to have a guide dog named Graham with him at all times.

"I've had apologies, (but) an apology doesn't correct the problem," said Simmonds. "What I've been asking for from the beginning is education and awareness."

This all began at the end of September, when Simmonds called a cab and was told he would have to wait for a pet-friendly vehicle.

He reported this incident the following morning and said he was assured "that all of their taxis are guide dog and service dog friendly."

However, in November he again called for a ride to the airport and said he was met with hostility from the driver, who suggested Simmonds ask for a larger car.

While the driver accepted the fare, Simmonds said he could sense the tension, which he said he learned was due to "religious reasons."

Just a few days later, Simmonds said he was made to



Mike Simmonds with his guide dog, Graham. Simmonds has filed a human rights complaint against Comfort Cabs for not being forthcoming in their accommodation of his service animal in their vehicles.

JACOB MORGAN/METRO IN SASKATOON

wait with Graham in the freezing cold one last time before he took the matter to the Human Rights Commission.

Now, he said, a growing number of supporters have contacted him from across Canada and the United States.

"I've got a list that I'm going to be handing off to the investigator," he said.

Cliff Kowbel, operations manager with Comfort Cabs, said he could not find

any evidence of mistreatment.

"Nobody refused him," said Kowbel.

At one point, Kowbel said that a gift certificate to any taxi service in the city was offered to Simmonds, but the olive branch was denied.

"I don't think we're going to offer him anything in the future," said Kowbel. "We're going to dig our heels in now and see what happens."

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- Arbonne Canada
- Active Approach Health & Wellness
- Ascenta
- Atlantic Sleep Apnea Services
- Back to Health Chiropractic / Feed NS
- Bell's Taekwondo / Bell's Kettlebell
- Boost International Inc.
- Bootcamp Registration
- Brain Tumour Foundation of Canada
- Breathing Space Yoga &
- Wellness Centre
- **C100**
- Canada Games Centre
- Canadian Breast Cancer Foundation
- Canadian College Of Acupuncture & Traditional Chinese Medicine
- Canadian Diabetes Association - Team Diabetes
- Canadian Red Cross
- **Canadian School of Natural Nutrition**
- Carr Taekwondo
- **Centric Health / Life Mark**
- Chef Live
- Chicken Farmers of Nova Scotia
- Collision Sports
- CrossFit Halifax
- CrossFit Kinetics
- Dalplex
- Daniel Nestor Tennis Centre
- Dartmouth United Soccer Club
- DirectBuy
- **East Coast Dental Center**
- Enlighten Laser
- Epicure Selections
- Extreme Cage Combat
- FANfit Challenge
- Fit Starts Here
- Fitness FX
- **FlyHalifax.com**
- Genesis Chiropractic & Wellness Centre
- Genesis Pure
- Glenbourne Chiropractic
- GoodLife Fitness
- Gordon Stirrett Wealth Management
- Healthy HFX
- Heat in a Click
- HRM Solid Waste Resources
- **Insight Optometry Group**
- **Investors Group**
- Johnson & Johnson Vision Care
- **Kinesis Health Associates**
- Laing House
- Lebert Fitness
- Liquid Gold Olive Oils & Vinegars
- Lung Association of Nova Scotia
- Made With Local
- **Metro News**
- Mountain Equipment Co-op
- **MusclePharm Canada**
- **MY Goal**
- Nikon Optical Canada
- Nova Physiotherapy
- Nova Scotia's Backyard
- Oakley
- **OptiMYz Magazine**
- OptiMYz Live Store
- **Organic Earth Market**
- Oxford Chiropractic
- Partners for Healthier Weight
- Petcurean
- Pursu.it
- Quality Life Healing Centre
- Race for a Reason
- **Recharge With Milk**
- Run Nova Scotia
- Sackville Sports Stadium
- Scotiabank Blue Nose Marathon
- SMUfit
- **Sobeys**
- Sole Sisters Women's Race
- Sound Chiropractic & Health
- Sciences Centre
- **Spartan Fitness**
- Speakers Corner
- Spirit Spa
- Stella & Dot
- Studio in Essence
- Subaru EPIC Dartmouth Triathlon
- Sun Life Financial
- Supplement King
- Symmetry Wellness Centre
- The Adventure Travel Company
- **The Arthritis Society - Joints in Motion**
- **The Leukemia & Lymphoma Society of Canada - Team in Training**
- The Summit - Skin Care & Hair Removal
- Valley Flaxflour
- Vega
- **White Point Beach Resort**
- WOW! Weight Loss

Lifestyle Stage

Saturday, January 11th

- 10:30-11:00 Smart Snacking** - Krista Leck-Merner
- 11:30-12:00 Wellness & Weight Loss** - Lori Kennedy
- 12:30-1:00 Healthful Gourmet: What's the Beef?** - Ricky Goodall
- 1:30-2:00 Cooking Demo - Jennifer Hamm and Chef Scott Morash**
- 2:30-3:00 Nutritional Panel** - Ricky Goodall (The Nutrition Blueprint), Wendy MacCallum (Simple Balance), Krissy Adams (FIT Starts Here), Lindsay Buchanan (Dairy Farmer's), Sarah Campbell (Sobey's)
- 3:30-4:00 Marathon Adventure** - Keston Simpson
- 4:30-5:00 The Powers of Juice** - Diandra Phipps
- 5:30-6:00 Travel + Cooking** - Richard Julien

Sunday, January 12th

- 10:30-11:00 Vegan Diet Myths** - Jesse Doyle
- 11:30-12:00 Keep it Simple** - Wendy McCallum
- 12:30-1:00 Healthful Gourmet: Top 10 Food Knockouts** - Ricky Goodall
- 1:30-2:00 Best Body** - Krissy Adams
- 2:30-3:00 Weight Loss Panel** - Lori Adams (WOW! Weight Loss), Krista Leck-Merner (Partners for Healthier Weight), Krissy Adams (FIT Starts Here), Glenn Faltenhine (Healthy HFX)
- 3:30-4:00 Natural Health Products Panel** - Ricky Goodall (Collision Sports), Sonya Bridge (Vega), Marc St. Onge (Ascenta Health)
- 4:30-5:00 Travel + Cooking** - Richard Julien

Health and Fitness Stage

Saturday, January 11th

- 11:00-11:30 New AB Flush Workout** - Leah Johnson
- 12:00-12:30 Posture Perfect** - Dr. Jans Ellefsen
- 1:00-1:30 Olympian Panel** - Custio Clayton, Geoff Harris, Genevieve Orton, Jackie Marciano, Celia Peters, David Sharpe, Andrew Russell
- 2:00-2:30 KEYNOTE: Yoga for everyday athletes: How to stay fit and calm** - Jana Webb
- 3:00-3:45 The Healthy Look Panel** - Dr. Kwong Hing (East Coast Dental), Kim Slaunwhite, Susan Alward (Summit Spa), Linda Brigley (Spirit Spa)
- 4:00-4:30 Pole Fitness** - Krissy Sanford
- 5:00-5:30 Tae Kwon Do** - Rob Carr

Sunday, January 12th

- 11:00-11:30 Working with Kettlebells** - Tim Bell
- 12:00-12:30 CrossFit Demo** - Tannaya Hantelman
- 1:00-1:30 How well do you live? Panel** - Dr. Conter (MD), Linda Langley (Life Coach), Glenna Calder, Atlantic Sleep Apnea
- 2:00-2:30 Fitness Panel** - Steve Skinner (Breathing Space), Leah Johnson, Jeff Zahavich (Kinesio Sport Lab), Jana Webb, Tannaya Hantelman (Crossfit Halifax)
- 3:00-3:30 Injury Panel** - Robbie Macdonald (Nova Physiotherapy), Dr. Thompson (Active Approach), Dr. Ellefsen (Alderney Chiropractic), Emily Wiggins (Alderney Chiropractic)
- 4:00-4:30 Yoga** - Steve Skinner

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U.S. doctors help warring South Sudanese see rivals are not 'devils'

Unique solution. Free eye surgery provided to 200 patients on condition members of rival groups sit together and talk

After receiving eye surgery from the American doctors, a South Sudanese man sat with other patients who belonged to tribes he once considered enemies. The men spoke about their newly restored vision — both their eyesight and how they now perceive members of other ethnic groups as potential friends, not sworn enemies.

South Sudan's government faces monumental challenges: To bring warring factions, often from rival ethnic groups, back toward peace after violence broke out across the country on Dec. 15.



A woman from the Dinka tribe sings and dances with members of the Nuer tribe after their sight was restored by eye surgeons from the John A. Moran Eye Center of the University of Utah, in the village of Duk Payuel in Jonglei state, South Sudan, in this photo taken in December 2012. MORAN EYE CENTER-PATRICK REDDISH/THE ASSOCIATED PRESS

The group of American doctors had a unique approach to help heal age-old rifts between ethnic groups,

but it has been put on hold because of the fighting.

A dry run they tried last year in Jonglei state, which

has since become the epicentre of the clashes, was promising. They restored more than 200 patients' sight

Seeing clearly now

"I always thought in many ways that the Dinka were devils and had horns, but they're just like us."

A patient from the Murle tribe who had his sight restored, sitting with men from the Nuer and Dinka groups.

through cataract and trachoma surgery and helped break through tribal enmity.

As a condition for the free surgery, the American doctors demanded that the members of rival groups sit together and talk.

The medical group began its mission through the efforts of John Dau, a former "Lost Boy" of Sudan who fled the 1990s conflict by walking to Ethiopia and eventually finding his way to Syracuse, New York.

THE ASSOCIATED PRESS

Ethnic fault lines

Violence has split South Sudan along ethnic lines.

- Ethnic frictions have long existed but were overlooked during the civil war with Sudan that ended with a 2005 peace pact that set the stage for South Sudan becoming a nation in 2011.

- However, once independence was achieved, ethnic fault lines began shining through.

- A power struggle brewing for months between President Salva Kiir, a Dinka, and former vice-president Riek Machar, a Nuer who was fired in July, broke out into massive violence just over three weeks ago.

Central African Republic president urged to resign

The embattled president of Central African Republic, under growing pressure to resign, travelled to Chad on Wednesday for a summit with other African leaders who want to end the bloodshed that has killed more than 1,000 people in his nation.

Michel Djotodia, a former rebel leader who was thrust into the presidency of Central African Republic after his Muslim fighters captured its capital 10 months ago, has been widely criticized for failing to stop the inter-communal violence that exploded last month.

Wednesday's trip marks the first time Djotodia has left the volatile country since an attempted coup in early December. Armed Christian fighters were behind that attack, and they have vowed to continue their battle until Djotodia steps down.

France's foreign minister said leaders from other states in Central Africa will meet Thursday to discuss whether Djotodia should stay on as interim president. A top French government official said there were some signs that Djotodia would resign. But Djotodia's

Behind the violence

Michel Djotodia is the first Muslim president of a predominantly Christian country, and is accused of solidifying his hold on power with the help of mercenary fighters from Chad and Sudan. His men — collectively known as Seleka — are accused of committing scores of atrocities against civilians since seizing power in March 2013.

- Anger over the deteriorating situation has sparked waves of inter-communal violence.
- Armed Christian militias who oppose Djotodia's leadership also have been accused of committing hu-

man rights abuses against Central African Republic's minority Muslim population in retaliation, beating and stoning to death suspected former members of Seleka.

- Religious leaders and the international community have appealed for peace, and thousands of French troops and regional African peacekeepers are trying to temper the mob violence now in Central African Republic. Tensions remain high, though, and nearly 1 million people — including more than 500,000 in Bangui alone — have fled their homes.

spokesman, Guy Simplicie Kodegue, denied that the interim leader would step aside.

As international criticism has grown over the rights abuses, Djotodia sought to distance himself by formally disbanding his alliance of rebel groups. Internal divisions also have emerged within the senior leadership, and Djotodia

has fired several of his former top allies.

Djotodia has agreed to hold elections by the end of the year, according to Prime Minister Nicolas Tiangaye. The American ambassador to the United Nations has urged his interim government to step aside following that vote.

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England. Inquest clears London cops in shooting that sparked 2011 riots

An inquest jury Wednesday largely vindicated London police over the fatal shooting that set off a wave of rioting across England more than two years ago, finding that officers acted lawfully when they shot 29-year-old gang member Mark Duggan.

The jury found that the mixed-race father of two did not have a gun in his hand when he was shot, but said it was likely he had thrown the weapon away in the seconds before he was confronted by police. Officers truly believed he was armed, they found.

The jurors' decision drew outrage from Duggan's family. One family member shouted an obscenity at jurors as they left the court. Supporters chanted "no justice, no peace" and nearly drowned out a police press statement.

The unrest that followed the Aug. 4, 2011 shooting spread across days, causing hundreds of millions in property damage and killing five people, three of whom were run over by a car while trying to protect their shops.

THE ASSOCIATED PRESS



Pam Duggan, second right, mother of Mark Duggan who was shot by police in north London in 2011, cries outside the Royal Courts of Justice following the verdict into her son's death Wednesday. ALASTAIR GRANT/THE ASSOCIATED PRESS

Israel

African migrants rally at Knesset

More than 10,000 African migrants demanding to be recognized as refugees protested Wednesday outside of Israel's parliament as hundreds more continued to stream into Jerusalem from across the country.

Tens of thousands of migrants, most from Eritrea and Sudan, have come to Israel in recent years, with many working menial labour jobs at hotels or restaurants.

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Egypt

General eyes run for president

Egypt's military chief is looking for a strong turnout in next week's constitutional referendum as a mandate to run for president. But Islamist foes of Gen. Abdel-Fattah el-Sissi — who ousted president Mohammed Morsi and ordered a crackdown on the Muslim Brotherhood — have promised mass demonstrations to keep voters at home.

THE ASSOCIATED PRESS

Facebook losing Canadian fans

Thumbs down.

We are not all liking the social media network these days, survey finds

Facebook may be the world's biggest social network, and particularly popular in Canada, but there are still plenty of Canadian holdouts who refuse to join or have logged off permanently, suggests recently released research.

One in three Canadian Internet users told pollsters that they did not use Facebook in the previous month, according to a report by the Media Technology Monitor, based on telephone surveys with more than 4,000 Canadians last spring.

Of them, 14 per cent said they used to have a Facebook account but quit, 16 per cent said they're technically still a member but rarely use the



Canadians are not giving Facebook many thumbs up lately. GETTY IMAGES

site and 70 per cent said they never joined at all.

Younger non-Facebook users were more likely to have

abandoned their profiles.

Poll respondents between 18 and 24 who said they weren't using Facebook were 10 times more likely to have dropped their account, rather than having never signed up in the first place.

When respondents were asked why they quit Facebook, the most common response was they didn't find the site useful, followed by privacy concerns and a lack of time to engage with the site.

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Market Minute



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What are you, a mind reader? Well, yes

International Consumer Electronics Show attendees experiment with the Muse brain sensing headband Wednesday in Las Vegas. The headband measures brain activity, which the user can see on a mobile device to help manage stress and different emotional states of mind. JULIE JACOBSON/THE ASSOCIATED PRESS

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OWN THE IRRATIONAL REACTION

It's almost time for the Olympics, which for many people is the only time they care about sports aside from hilarious ball-to-the-groin videos on YouTube.

That means some of you might have felt adrift this week as Canada announced its Olympic hockey team, an event that left hockey fans buzzing like my 20-year-old fridge.

Everyone likes to cheer for their country, but if you're not obsessed with hockey the rest of the time, than joining the heated conversations at home and the workplace can be tricky.

To help, I've compiled this primer for newbie Olympic hockey watchers about what they should say during the tournament to blend right in:

What to say during Olympic hockey:

The No. 1 rule to remember is that there can be no



HE SAYS

John Mazerolle

metronews.ca

rational analysis of a world hockey tournament.

Canadian hockey history is rife with late, one-goal victories that somehow taught us that Canada is an unstoppable, dominant force in world hockey. It's also replete with shootout losses and other hard-fought defeats that taught us our national hockey program is a disaster that must be burned to the ground.

There is no middle ground, even if the outcome of the game came down to random chance.

Remember this when the games start. You might feel nervous about complicated discussions about matchups, statistics, etc., but those are just a smokescreen of

facts that hide the three irrational pillars of hockey discussion: momentum, heart and clutch.

These might sound like intangible nonsense that would be impossible to measure or even ascertain, but

shut up.

Wrong: "These are two evenly matched teams and there is no discernible momentum."

Right: "Whichever team has most recently scored 'has all the momentum.'"

Wrong: "It's overtime, so it's going to come down to random chance as two teams give it their all."

Right: "It's overtime, so it's going to come down to which team has the most heart."

Wrong: "I bet Sidney Crosby wins it because the highest scoring player is the player most likely to score now too."

Right: "I bet Sidney Crosby wins it because he's so clutch."

And that's how to speak like a true hockey fan.

One last lesson: If you come across a newspaper columnist or other unpatriotic liberal who questions any of these truisms, your surefire response is to say, "Clearly you've never played the game," and then walk away. With that sort of momentum, you could be a TV hockey commentator in no time.

Assuming, of course, that you're clutch.

ZOOM

Dark clouds hanging overhead



ULETIFANSASTI/GETTY IMAGES

Volcano erupts in Indonesia, again

Mount Sinabung spews pyroclastic smoke, seen from Sibintun village on Wednesday in Karo District, North Sumatra, Indonesia.

The number of displaced people has increased to 22,000 in Western Indonesia as Mount Sinabung continues

to spew ash and smoke after several eruptions since September. Eleven deaths have now been recorded as a result of the eruptions, with hundreds more falling ill. Officials expect the number of evacuees to rise as volcanic activity remains high.

Sinabung had lain dormant for 400 years before a re-awakening eruption in 2010.

Sinabung is one of nearly 130 active volcanoes in Indonesia that straddle key tectonic fault lines known as the Pacific Ring of Fire.

The deadliest eruption in recent years was of Mount Merapi in 2010 near the densely populated city of Yogyakarta, which killed 350 people.

GETTY IMAGES



A man wears a plastic bag to cover his head after his village was smothered by ash. GETTY IMAGES

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Health, wellness and wearable tech are colliding in full force at this year's Consumer Electronic Show, with a healthy portion of products geared toward the digitally-inclined fitness diehards. Look out Fitbit and FuelBand, there are some new kids on the starting block.



CONTRIBUTED

Sculpt Aim:

Knowing how many clicks you've run and calories you've burned is just part of the health equation. Knowing the effects of your hard work is the other. Press this phone-size gadget to your freshly pumped muscles to get an instant (and accurate, they say) reading of your body composition.

Tinke:

Again, for those beyond measuring simple kms and cals, Tinke reads heart rate, blood oxygen levels and respiratory rate with just the tap of your thumb (accuracy may be questionable on this one).

Bracelets:

LG, Sony, Razer and even Intel have launched fitness tracking bracelets, all taking various metrics of your activities which connect to varying degrees with your smartphone.

Twitter



freezer in their beach wear

@metropicks asked:
@jimmykimmel dumped snow on L.A. beach goers who bragged about the warm climate. What is a suitable penalty for bragging?

@yelpcalgary: Ha. Californians are just jealous of our awesome touques.

@ehbsea: One hour in a walk in

@adam_rizk: A big enough star he could've had a following to Sequoia, Yosemite mountains & left them there LYAO!

@sarahmeaghang: They should have gotten "face-washes"

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

DiGiovanni finds her happy place on the comedy stage

Finding laughter in life. Comedian has found peace with her spot in the comedy world



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

After living in Los Angeles for a few months going out to bars, taking in some shows, seeing the sites, Canadian comedian Debra DiGiovanni decided to carry out a social experiment.

For a week she accumulated her data, analyzed and then says she made a shocking discovery: no one in the city is overweight.

"I saw one person my size ... and of course I befriended that person immediately," she laughed.

Bringing her Late Bloomer Tour to the Rebecca Cohn Auditorium on Saturday night, DiGiovanni is celebrating her 13th year in comedy.

Known for her slightly self-deprecating and endearingly awkward comedy style, DiGiovanni high-tailed it south to see what all those years in the biz could bring to her in a bigger market. The verdict: bupkis.

"Canada does not exist in L.A. In Canada, I've been so fortunate but in L.A., people don't return your emails and I would beg to get in on an open mic," she said. "It's very



Canadian comedian Debra DiGiovanni returns to Halifax this weekend for a show at the Rebecca Cohn. CONTRIBUTED

humbling, but it's good."

Luckily, in comedy, every day brings new challenges. Though admitting to be in a strange part of her career while living in L.A., comparing it to that point in a marriage where you start to ques-

tion that whole "til death do us part" bit, she refuses to remain complacent. Finding solace on the couch of her therapist, DiGiovanni remembers a time where she questioned whether comedy would ever make her happy.

Her therapist cleverly replied, "I bet when Ellen DeGeneres hosted the Oscars, she got up the next morning asking, 'OK, what's next?'"

Reaching DiGiovanni in her hometown of Toronto last week, she shared that

If you go...

- **What.** Debra DiGiovanni: The Late Bloomer Tour
- **Where.** The Rebecca Cohn Auditorium
- **When.** Saturday, 7 p.m.
- **Tickets.** hahaha.com, \$35.50 each.

while times are tougher in L.A., they come with hidden blessings.

"God bless Melissa McCarthy and Rebel Wilson. Thanks to them, I'm a type now," she said. "Since these two fabulous women have been making way, there is a part of my brain that knows my difference will not be the death of my career."

In fact, DiGiovanni has found a new love in her "difference."

Though famously she says, "I may hate myself but I hate you more," she clarifies that material may have originated from a place of sadness, all remaining discomfort with the person that took the stage well over a decade ago, but "just doesn't feel as sad anymore."

"It feels like comedy is really doing what I wanted it to do, so the basis is still that vulnerable position but it's lot more gleeful than it use to be," she said.

"I know I'm awesome and if people can't deal with it, than that's fine by me."

2 SCENE

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Selena Gomez ALL PHOTOS GETTY IMAGES

Gomez thought to be back in Bieber's arms after devastating diagnosis

Just why are Selena Gomez and Justin Bieber back to canoodling? Sources say it's because of Gomez's recent lupus diagnosis. "Justin reached out to Selena after she cancelled the tour," a Bieber insider tells Life & Style, referring to Gomez cancelling her 2014 Stars Dance

tour last month, reportedly after she got the diagnosis of the autoimmune disease. "He wanted to make sure she was OK and healthy. He cares about her a lot. I don't know if they'll get back together, but he wanted to see her and spend time with her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Paul's got some party haul but this one was a real thriller

Aaron Paul has been to some impressive parties, but one sticks out particularly for the Breaking Bad star. "It was the Prince of Brunei's 25th birthday party. Six years ago, outside of London," he tells Details magazine. Paul, who attended as another guest's plus-one, entertained himself by chasing sheep around the castle and breaking the Prince's hovercraft. He certainly

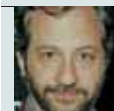
made an impression: "I was going back up to my room, and this guy grabs me and says, 'Hey, Prince Azim wants to see you in the library,'" Paul says. "So I go down there, and he's sitting on the couch with Michael Jackson, and me and Michael Jackson end up having this hour-long heart-to-heart about family and upbringings, and I remember, he just put his arm around my shoulder and said, 'You know, if you've had a rough childhood or not, it's all about forgiveness. Once you realize that, it's fine. Everything's fine.' And I'm like, 'Michael, you are absolutely right. Do you want to do a shot?' And he goes 'Sure!'"

Twitter



@kirstiealley

When someone says "It isn't you, it's me"... It's you



@JuddApatow

How do I avoid this freaking stomach flu? I am not a big fan of multiple days of vomiting.



@MarkDuplass

Milquetoast. Great word. Underutilized.



Jake Gyllenhaal

Gyllenhaal's relationship with model 'fizzled out'

Jake Gyllenhaal has reportedly split up with model Alyssa Miller after six months of dating, according to Us Weekly. "They fizzled out. It hap-

pened a while back — before the holidays. He's back on the scene," a source says. "Things were really good between Jake and Alyssa right up until he had to leave for L.A. to shoot a movie in the fall. Then the distance just really got to them." Reps for Gyllenhaal and Miller did not respond to requests for comment.

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Every sharp shopper has a calendar in the closet

Seasonal secrets.

Style expert Lilliana Vazquez shares tips on mapping out your 2014 shopping plan

ANDREA
PARK

Metro World News

There is a right time and a wrong time to buy those shoes you've been eyeing, and even if you made a New Year's resolution to save money in 2014, that doesn't mean you have to sacrifice style. Lilliana Vazquez, style expert and author of *The Cheap Chica's Guide to Style*, shares her tips on planning a shopping schedule for the year and how you can save money on hot wardrobe staples with just a bit of good timing.

January

Winter coats and accessories

This frosty month is the perfect time to buy warm winter goods. "Whether it's a brand new coat, hats, scarves, gloves, boots or ski stuff, items get really marked down in January but in a city like New York, we'll probably still be wear-

ing these until April," says Vazquez.

Formal wear

"Anyone who was selling New Year's and holiday party stuff still has a lot of merchandise, so this is the best time of the year to buy a cocktail dress," says Vazquez. She added that it's an especially great time to save on anything sparkly or beaded.



February

Spring items

Believe it or not, February is a great month to buy spring items. Vazquez says though this is when stores get their first shipments of spring clothes, retailers will mark them down if no one is buying. "You can get new stuff marked down if it's really cold out," Vazquez says.

Winter clearance

If you still need winter clothes, this is when winter gear is on final mark down. The merchandise will al-

ready be picked over, but it will be at its cheapest.

March and April

Shoes

Get a head start on summer shoe shopping in March and April, when the selection is the largest. Stores will offer some early markdowns, and those sandals you've had your eye on may be gone by May.

Fitness gear

"A lot of (sneakers and fitness items)

come in for the New Year's resolutions of people who say they're going to work out and then never do, so if you're a runner or gearing up for the summer, it's a great time to buy sneakers and fitness fashion items," says Vazquez. She added that this is when Lululemon fans can buy their favourite brand on deep discount.

May

Secondhand items

May is a big month for spring cleaning, which means that lots of people

are getting rid of their clothes and accessories, and one man's trash is another man's treasure, right? "A lot of people are cleaning out, so it's a good time to deal hunt in your neighbourhood," says Vazquez. "You can get vintage stuff and great shoes because they're making room in their closets for all new things."

June and July

Summer items

Fall items will be trickling into stores by now, which means you can find great deals on summer clothes and accessories. "You can get stuff you can get a lot of use out of, like shorts, rompers and sundresses — things that feel seasonal," says Vazquez.

Swimsuits

Stores will still carry plenty of swimsuits, but they'll be marked down

Thinking ahead

- **Summer's end** Vazquez called this "back-to-school summer leftover time." Inventory will be a mixed bag of summer odds and ends without much size availability, but this is when you can get the best deals on summer clearance items. Plus, you'll find discounts on new inventory during back-to-school and Labour Day promotions.

- **Baby, it's cold outside** November is a big shopping month with Black Friday and Cyber Monday. Vazquez says this is when she saves up for her big, pricey purchases like cashmere sweaters. "These deals I only splurge on once a year because I can wear them for a long time, so it's a great value proposition for my closet," she says.

December's diamonds

Vazquez says that December is the last chance for retailers to grab customers for their year-end earnings reports, which means holiday sales abound. This is an especially good time to get "no size" gifts like hats, bags, gloves and scarves for friends and family.

Leap on that LBD ASAP!

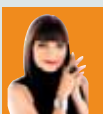
"Anyone who was selling New Year's and holiday party stuff still has a lot of merchandise, so this is the best time of the year to buy a cocktail dress."

Lilliana Vazquez

Lilliana Vazquez, author of
The Cheap Chica's Guide to Style. GETTY IMAGES



Twitter



JEANNE
SPACE

Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



OMG! A little late for #TBT but look at this pic my sister just me: Moi, circa early '70s



Here's one more for #FlashbackFriday My mom made me this "jungle print" jumpsuit circa 1968 pic

Canadian street style

Spotted in: Toronto

Name: Lexi

Age: 27

Occupation:
Special event coordinator

What she's wearing :

Gift of Love knit scarf, vintage Bridge and Bardot plaid shirt, Zara blouse, American Apparel tights, Jeffrey Campbell booties.

Her inspiration :

"I have always gravitated toward



bohemian-style clothing. However, the truth is the majority of my closet is from vintage thrift stores. I love digging for old classic pieces that tell stories and bring a little 'umph' to the outfit. I am also a huge fan of comfort and free frolicking. Therefore, if I can't bend and snap in a piece of clothing, I will not buy."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

3

Big, bold design trends for the new year

This year brings big changes on the home decor front. We'll say goodbye to espresso wood and cool grey colours while welcoming lighter woods, warmer walls and coloured, artful rugs. These trends will hold strong for a few years, so keep them in mind for future decorating projects. Here are four key ones worth investing in over the next year and beyond.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Lighter wood tones

Goodbye dark espresso wood tones and hello lighter, natural oak. No, not the honey-golden oak from the '80s: think grainy, raw oak with a simple coat of wax. Pagan's Dance brushed, engineered wide plank flooring, \$13.75 per square foot, kentwoodfloors.com.



Warmer paint colours

The new neutral is platinum. Think grey with a dollop of brown to warm it up. Looks great with almost every other colour. Escarpment CC-518, benjaminmoore.ca.

Bolder, artful rugs

Go bold or don't bring it home. Art and rugs are going big and bold. It's time to wake up our spaces, so think of colourful rugs as artwork for the floor. Kashmir 8x10 orange wool rug, \$363, ecarpetgallery.com.



Golden metal finishes

Metal tones are warming up, so go with polished gold for a luxe vibe or tarnished brass for a casual, industrial look. Graham Table Lamp, \$338, crateandbarrel.ca.

Southern classic, without the fat

"Pork chops in onion sauce is a Southern classic, but often it is swimming in too much fat," write the Weight Watchers folks in the book Weight Watchers 50th Anniversary Cookbook of this Skillet Pork Chops with Onion Gravy recipe.

"We gave the dish a healthy makeover that retains all the great flavour but with a mere one teaspoon of oil. Think of it as comfort food that you can really feel comfortable with!"

1. Sprinkle the chops with the salt and pepper. Heat a large nonstick skillet over medium heat. Swirl in the oil, add the chops and cook, turning occasionally, until browned, about 5 minutes. Transfer to a plate.

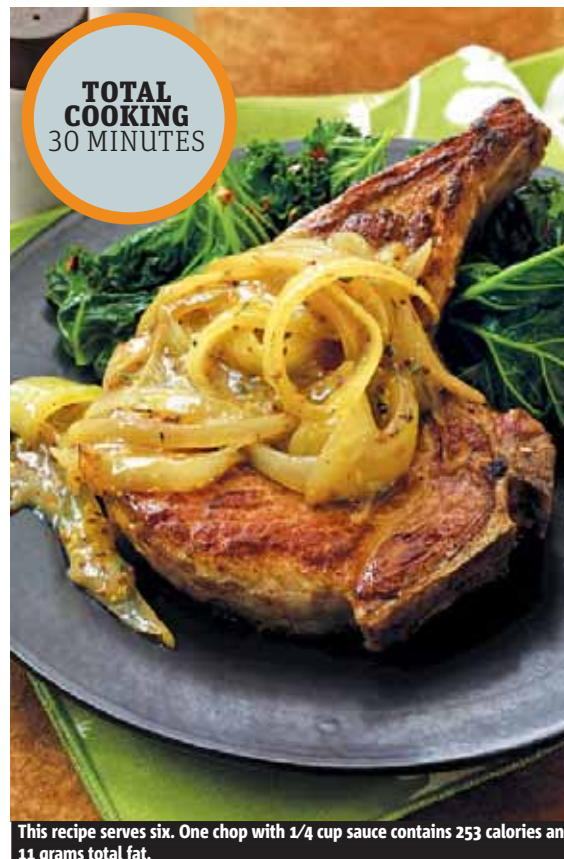
2. Add the onions, 1/4 cup of the broth, and the garlic to the skillet. Bring to a boil. Reduce the heat and simmer, covered, stirring occasionally, until the onions are very tender, 12-15 minutes.

Ingredients

- 4 (6-oz) bone-in pork loin chops, trimmed
- 1/2 tsp salt
- 1/4 tsp ground pepper
- 1 tsp olive oil
- 2 sweet onions, thinly sliced
- 1 1/4 cups reduced-sodium chicken broth
- 2 garlic cloves, minced
- 2 tsp all-purpose flour
- 1 tsp whole-grain Dijon mustard
- 1 tbsp chopped fresh thyme

3. Sprinkle the onions with the flour; cook, stirring constantly, 1 minute. Add the remaining 1 cup broth, mustard, and thyme. Bring to a boil, stirring until the sauce bubbles and thickens. Return the chops and any accumulated juices to the skillet. Reduce the heat and simmer, uncovered, until the chops are heated through, 2-3 minutes.

FOR MORE WEIGHT WATCHERS RECIPES, PLEASE VISIT WEIGHTWATCHERS.CA/FOOD. RECIPE AND PHOTOS REPRINTED FROM WEIGHT WATCHERS 50TH ANNIVERSARY COOKBOOK © 2013 WEIGHT WATCHERS INTERNATIONAL, INC. ALL RIGHTS RESERVED.



TOTAL COOKING
30 MINUTES

This recipe serves six. One chop with 1/4 cup sauce contains 253 calories and 11 grams total fat.

Cookbook of the Week

Get excited about eating healthy



Weight Watchers cookbooks are trusted by anyone who is excited about cooking delicious, healthy food.

This latest offering serves up more than 280 favourites that have been updated, and features fresh ingredients, how-to tips, Weight Watchers lore, and nutritional info and PointsPlus values for the newest program, Weight Watchers 360°.

Among the dishes included are Cajun Catfish, Cheese Puffs, Lamb Kebobs and more. **METRO**

TOP SIX @ 6
Weeknights at 6 KE counts down the HOTTEST songs of the day

6 Classified Pay Day
5 Beyoncé XO
4 Passenger Let Her Go
3 Miley Cyrus Adore You
2 Pitbull ft Ke\$ha Timber
1 Eminem ft Rihanna The Monster

101.3 THE BOUNCE

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Huskies motivated by chance at perfect season

AUS basketball. After an 8-0 start to the year, the Saint Mary's women's basketball team has its sights set on a national title



ANDREW RANKIN
andrew.rankin@metronews.ca

It's easy to take the Saint Mary's women's basketball team's success for granted.

Coming off a campaign in which they dominated the AUS and finished third in the country, the Huskies are off to a perfect 8-0 start this season.

Wins at this point seem a given.

But beyond the games, seldom do fans see the Huskies' collective discipline and commitment to excellence, and to one another.

"It's about motivating each other; that's the biggest task," said Huskies guard Justine Colley, the all-time leading AUS scorer. "It's not easy. We go to school every day. It's challen-

Quoted

"We're not invincible. We can lose if we don't bring it every single night."

Saint Mary's Huskies guard Justine Colley

ging academically. It's hard not to get complacent. But no matter what, we push through every single game, every single practice."

On Friday, the Huskies will open up the season's second half against the St. Francis X-Women at home. For the East Preston native, who's playing in her last varsity year and is poised to set a new CIS scoring record, the goal is crystal clear.

"I want to win CIS. That's what keeps me motivated."

Like with every championship team, there's that one reliable player who does all the little things right, nailing the timely basket or doing the dirty work in the paint.

For the Huskies, that's second-year guard Angelina Carvery.

"She brings toughness, she makes the right, timely pass, and she can hit the clutch bas-



Angelina Carvery, right, of the Saint Mary's Huskies tries to get past StFX's Lindsay Lessard during the opening match of the AUS women's basketball season at the Homburg Centre. JEFF HARPER/METRO

ket when we really need it," said Colley. "She doesn't get the credit she deserves."

That's fine by Carvery. She knows exactly how lucky she is to be part of this team.

"It's a big motivator actually," said the Halifax native. "It's my first and only time I'm going to be on a team like this."

What about the possibility of a perfect season?

"Of course it motivates us. The coaches tell us that the target is on our back, not just in the AUS, but the entire CIS. We are the No. 1 team in the country."

Herd score four unanswered to power past Isles



Moosehead Brent Andrews tries to chip the puck past Islanders goalie Eric Brassard at the Eastlink Centre on Wednesday night.

BRIAN MCINNIS/CHARLOTTETOWN GUARDIAN

It took a little longer than they would have liked, but the floodgates finally opened.

After overcoming two one-goal first-period deficits, the Halifax Mooseheads found their stride early in the second frame and fired four unanswered goals to top the Charlottetown Islanders 5-2 before 2,059 fans at the Eastlink Centre on Wednesday night.

"The more it went the better we were," said head coach Dominique Ducharme. "And

our third period was really good, so it was a good road win. Everyone did their part and that's what we want to see."

Besides limiting the Islanders to just 13 shots in the final two frames, the Mooseheads, who outshot the home squad 40-26, showcased a collective offensive effort with 11 different players getting on the scoresheet.

Forward Luca Ciampini, who has five points in his last

two games, led the way with a goal and an assist.

"He's getting on a good stretch," said Ducharme. "We need everyone at their best and it's nice to see him gaining confidence like that."

After surrendering two early goals, Mooseheads netminder Kevin Darveau zeroed in to help lead the Mooseheads to their second straight victory.

"He couldn't do much on those first two goals," said

Ducharme. "But he was solid after that."

With the victory, the Mooseheads improve to 26-15-0-1. They'll begin a three-game home stint against the Moncton Wildcats on Friday.

Andrew Shewfelt, Darcy Ashley, Danny Moynihan and Connor Moynihan rounded out the scoring for the Herd, while Anthony Cortese and Daniel Sprong responded for Charlottetown.

ANDREW RANKIN/METRO

Curling

Mayflower's Smith, Arsenault sit atop Scotties pack

Mary-Anne Arsenault and Heather Smith of Mayflower sit atop the standings with 2-0 records after Day 1 of the provincial Scotties Tournament of Hearts women's championship in Sydney.

Arsenault topped both

CFB Halifax's Anne Dillon 8-3 and Mayflower's Mary-Sue Radford 10-3. Smith beat Mayflower's Tanya Hilliard 8-2 and edged Dartmouth's Kelly MacIntosh 7-6.

Round-robin play continues Thursday and runs until Saturday morning.

Following any necessary tiebreaker matches, the top two teams meet in the final on Sunday at 2 p.m.

The provincial champion moves on to the Scotties

Tournament of Hearts national women's championship in Montreal, Feb. 1-9.

METRO

AUS hockey

Huskies rally to edge Tigers

The Saint Mary's Huskies nearly let it slip away.

After squandering a two-

goal second-period lead, the

Huskies dug deep in the final frame to edge the Dalhousie Tigers 4-3 at the Halifax Forum on Wednesday night.

After scoring three straight goals, including two power-play markers,



Lucas Bloodoff
HANDOUT

the Tigers pulled in front of the Huskies early in the final frame but Saint Mary's responded with a pair of goals to take the lead for good with two minutes left in regulation time.

Steven Bayers, Stephen Gillard, Stephen MacAulay and Lucas Bloodoff each tallied for the Huskies (8-9), while Patrick Daley, Brett Plouffe and Andrew Wigginton responded for the Tigers (1-15). METRO

4 SPORTS

Sochi won't be their first rodeo

Canadian Cowboys.

Veteran skiers Hudec, Osborne-Paradis, Guay back in Olympic saddle after fixing 'all the bugs and the kinks'

Canadian skier Manuel Osborne-Paradis learned how it felt to compete on the sport's biggest stage during his Olympic debut in Turin eight years ago.

He learned about pressure and expectations at the 2010 Games in his hometown of Vancouver.

His next mission is to build on that experience at his next Olympic appearance in Sochi, where he plans to ride the momentum from the team's strong start to the season.

"In Vancouver there was a lot of prep but not very



Manuel Osborne-Paradis will anchor Canada's men's alpine team in Sochi.
NATHAN DENETTE/THE CANADIAN PRESS

directed prep," he said Wednesday. "I think this year we've really fixed all the bugs and the kinks that we felt in Vancouver. Obviously there's not as much pressure, not being in Canada and being as far away (from) Canada as pretty much possible.

"I think the nerves are a lot more settled and hopefully we're able to direct the energy down the hill and not towards the media."

The veteran skier will anchor the men's alpine team at the Games along with Erik Guay of Mont-Tremblant, Que., and Calgary's Jan Hudec. The three "Canadian Cowboys" were officially nominated to the Sochi 2014 Olympic team Wednesday.

Some of their teammates still have a chance to join them in Sochi. The qualification window is open until Jan. 26 and the roster is expected to be finalized the next day.

Guay had the top Canadian result at the Vancouver Games, finishing fifth in the downhill and the super-G. Osborne-Paradis was 17th in the downhill and didn't finish the super-G, while Hudec didn't crack the top 20 in either discipline. **THE CANADIAN PRESS**



Flyers a handful for Habs

The Flyers' Steve Mason makes a first-period save on Francis Bouillon of the Montreal Canadiens at the Wells Fargo Center on Wednesday night in Philadelphia. Sean Couturier, Zac Rinaldo and Michael Raffl scored to lead the Flyers to a 3-1 win, which was their 10th straight home victory.

BRUCE BENNETT/GETTY IMAGES

NBA

Raptors rev it up in 2nd half vs. Pistons

A half-time message woke up the Raptors on a night when Toronto found itself sleepwalking against the struggling Detroit Pistons.

"We pretty much said, 'This is a must-win game,'" Amir Johnson said after Toronto trailed Detroit by four at the break but finished with a 112-91 win Wednesday.

"We had to go out and take it. We did that."

After Johnson and DeMar DeRozan started the game cold, their teammates kept things close and allowed a second-half turnaround to take place.

Jonas Valanciunas had 16 points and 11 rebounds while Kyle Lowry scored 21 and added nine assists.

"The first half was a little sluggish but we picked it up and that's most important," said Lowry. "That's a team. You need everybody, all 15 guys and all 13 that are dressed, to step up and take advantage when the opportunity comes."

THE CANADIAN PRESS

NFL

Hernandez linked to unsolved 2012 homicide in warrant

Police believe former New England Patriot Aaron Hernandez was in an SUV when someone inside shot two people to death in Boston in 2012, according to a search warrant filed in Connecticut.

The warrant does not indicate who investigators believe pulled the trigger nor suggests a motive in the shooting of Daniel Jorge Correia de Abreu and Safiro Teixeira Furtado. No charges have been filed in the case. An attorney for Hernandez did not immediately respond to a message seeking comment Wednesday.

Hernandez came under scrutiny in the shooting following his arrest in the slaying of Odin Lloyd, whose body was found June 17 near Hernandez's North Attleborough, Mass., home. Hernandez has pleaded not guilty to murder in that case.

In searching the home of Hernandez's uncle in Bristol, Conn., in June, police found the SUV wanted in the 2012 shooting in Boston. **THE ASSOCIATED PRESS**

NFL. Newton not satisfied with individual accolades

Cam Newton doesn't like being compared to Colin Kaepernick.

"Two different players," Newton said.

Yet the Panthers' third-year quarterback certainly understands the parallels with his 49ers counterpart. They both entered the NFL in 2011. They're both big, strong-armed guys who can shred a secondary with their arms and terrorize a front seven with their feet.

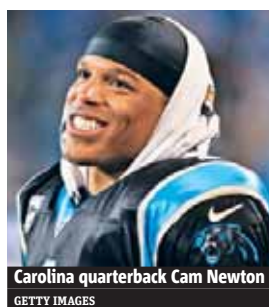
"Being a big guy, being fast and being agile and having the art of throwing like only God has blessed a few people with — and Kaepernick has it (too)," Newton said.

Newton and Kaepernick go head-to-head Sunday with a trip to the NFC championship on the line.

Carolina beat San Francisco 10-9 in a defensive struggle Nov. 10, a game in which neither QB played particularly well.

"We didn't execute the way we should have and I didn't play well," Kaepernick said of the game where he was sacked six times.

Newton and Kaepernick shared a room at the scouting combine in Indianapolis ahead of the 2011 draft but barely had a chance to interact. Newton was drafted first overall by the Panthers, while Kaepernick fell



Carolina quarterback Cam Newton
GETTY IMAGES

to the 49ers at 36th overall.

Kaepernick was the first to get his team to the Super Bowl, leading the 49ers there last year before losing to Baltimore.

Newton was just 13-19 in his first two seasons as a starter in Carolina. But the Panthers have turned things around this season, capturing the NFC South and securing a first-round bye.

Along the way, Newton was selected to the Pro Bowl.

But that means little to Newton. In his eyes there's only one goal at the end of this season: Bringing home Carolina's first Super Bowl.

"Nothing is worth mentioning unless we have something that we can all share with each other for years and years to come," Newton said.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	43	28	13	2	126	94	58
Tampa Bay	43	26	13	4	123	102	56
Montreal	45	25	15	5	115	106	55
Detroit	43	19	14	10	114	121	48
Toronto	44	21	18	5	122	132	47
Ottawa	45	19	18	8	129	145	46
Florida	43	16	21	6	102	136	38
Buffalo	42	12	26	4	74	118	28

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	45	32	12	1	147	107	65
Philadelphia	44	23	17	4	117	119	50
N.Y. Rangers	45	22	20	3	111	121	47
Washington	42	20	16	6	128	128	46
Carolina	43	18	16	9	105	124	45
New Jersey	44	17	18	9	103	113	43
Columbus	43	19	20	4	117	126	42
N.Y. Islanders	45	16	22	7	124	149	39

Wednesday's results

Colorado 4 Ottawa 3 (OT)
N.Y. Rangers 3 Chicago 2
Philadelphia 3 Montreal 1

Tuesday's results

Anaheim 5 Boston 2
Minnesota 2 Los Angeles 1 (SO)
Nashville 3 San Jose 2
N.Y. Islanders 5 Toronto 3
Philadelphia 3 New Jersey 2 (OT)
Phoenix 6 Calgary 0
Pittsburgh 5 Vancouver 4 (SO)
St. Louis 5 Edmonton 2
Tampa Bay 4 Winnipeg 2
Carolina at Buffalo (ppd., storm)
Thursday's games — All Times Eastern
Dallas at New Jersey, 7 p.m.
Toronto at Carolina, 7 p.m.
Florida at Buffalo, 7 p.m.
Washington at Tampa Bay, 7:30 p.m.
Anaheim at Nashville, 8 p.m.
St. Louis at Calgary, 9 p.m.
Minnesota at Phoenix, 9 p.m.
Boston at Los Angeles, 10:30 p.m.
Detroit at San Jose, 10:30 p.m.

Friday's games

Dallas at N.Y. Rangers, 7 p.m.
Toronto at Washington, 7 p.m.
Carolina at Columbus, 7 p.m.
N.Y. Islanders at Colorado, 9 p.m.
Pittsburgh at Edmonton, 10 p.m.
St. Louis at Vancouver, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	46	29	8	9	169	127	67
St. Louis	42	30	7	5	155	97	65
Colorado	43	27	12	4	127	111	58
Minnesota	45	23	17	5	108	114	51
Dallas	42	20	15	7	123	131	47
Nashville	44	19	19	6	105	131	44
Winnipeg	46	19	22	5	125	139	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	45	32	8	5	151	113	69
San Jose	44	27	11	6	144	114	60
Los Angeles	44	26	13	5	114	91	57
Vancouver	45	23	13	9	121	113	55
Phoenix	42	21	12	9	129	127	51
Calgary	43	15	22	6	100	137	36
Edmonton	46	14	27	5	119	161	33

Note: Two points awarded for a win, one point for an overtime or shootout loss.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	24	41	65
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	20	29	49
Kunitz, Pgh	23	25	48
Thornton, SJ	5	43	48
Sharp, Chi	25	21	46
Perry, Ana	24	22	46
Backstrom, Wash	10	36	46
Malkin, Pgh	12	33	45
Toews, Chi	15	29	44
Ovechkin, Wash	31	12	43
Okposo, NYI	17	26	43
Marleau, SJ	20	22	42
Keith, Chi	3	39	42
Seguin, Dal	21	20	41

Not including last night's games

NFL PLAYOFFS

DIVISIONAL PLAYOFFS

Saturday's games — All Times Eastern
NFC — New Orleans at Seattle, 4:35 p.m.
AFC — Indianapolis at New England, 8:15 p.m.
Sunday's games
NFC — San Francisco at Carolina, 1:05 p.m.
AFC — San Diego at Denver, 4:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	28	7	.800	—
d-Miami	27	8	.771	1
Atlanta	19	17	.528	9½
d-Toronto	17	17	.500	10½
Washington	16	17	.485	11
Chicago	15	18	.455	12
Charlotte	15	21	.417	13½
Brooklyn	14	21	.400	14
Detroit	14	22	.389	14½
Boston	13	22	.371	15
New York	12	22	.353	15½
Cleveland	12	23	.343	16
Philadelphia	12	23	.343	16
Orlando	10	24	.294	17½
Milwaukee	7	27	.206	20½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	28	8	.778	—
d-Oklahoma City	27	8	.771	½
Portland	26	9	.743	1½
d-L.A. Clippers	24	13	.649	4½
Houston	23	14	.639	5
Golden State	24	14	.632	5
Phoenix	20	13	.606	6½
Dallas	20	16	.556	8
Denver	17	17	.500	10
Minnesota	17	17	.500	10
New Orleans	15	19	.441	12
Memphis	15	19	.441	12
L.A. Lakers	14	22	.389	14
Sacramento	11	22	.333	15½
Utah	12	25	.324	16½

d — division leaders ranked in top four positions.

Wednesday's results

Toronto 112 Detroit 91
Atlanta 97 Indiana 87
Brooklyn 102 Golden State 98
Houston 113 L.A. Lakers 99
San Antonio 112 Dallas 90
Washington 102 New Orleans 96
Phoenix at Minnesota
Orlando at Portland
Boston at L.A. Clippers
Tuesday's late results
Denver 129 Boston 98
Sacramento 123 Portland 119
San Antonio 110 Memphis 108 (OT)
Utah 112 Oklahoma City 101
Thursday's games — All Times Eastern
Miami at New York, 8 p.m.
Oklahoma City at Denver, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

You will gain more by doing less today. Cut back on your workload or get friends to help you out. Better still, do both. There's no cosmic law that says you have to do anything at all.

Taurus

April 21 - May 21

You will be inspired to give your best over the next 24 hours. Hold on to that positive, can-do attitude as long as you can — ideally until the moon is full seven days from now.

Gemini

May 22 - June 21

Today you will know what is right and wrong, and which course of action you should be taking. If you choose not to take it, the consequences may not be to your liking.

Cancer

June 22 - July 23

If someone whose judgment you trust urges you to really go for it today, you must act immediately. Too often in the past you have been too careful and missed out — now go to the other extreme and throw caution to the wind.

Leo

July 24 - Aug. 23

It's a good day romance and if anyone is of the opinion that you lack passion, they will soon see the error of their ways. When a Leo gets fired up, the heat is enough to melt the coldest of hearts.

Virgo

Aug. 24 - Sept. 23

You are enamored more by things than you are by people at the moment. There's nothing wrong with that but take care that your material desires don't detract from your relationships.

Libra

Sept. 24 - Oct. 23

If you think all things are possible, you're right. But why make a battle of it when you have the charm to get what you want without a struggle? Or is that what you enjoy?

Scorpio

Oct. 24 - Nov. 22

Let others know what you are willing to put up with and what will happen if they push their luck too far. There are times to be tactful but this isn't one of them. Be bold and, if necessary, be brutal too.

Sagittarius

Nov. 23 - Dec. 21

Don't stay indoors and hide away. Get out into the world and show everyone what star quality looks like. You were born to be larger than life, so why are you peeking out from behind the curtains?

Capricorn

Dec. 22 - Jan. 20

If you've fallen out with someone, it is the time to make up. That applies to all kinds of relationships but mainly to those of a personal nature.

Aquarius

Jan. 21 - Feb. 19

You may think you can do as you please at the moment but you are kidding yourself and today's events will bring that fact home to you sharply. There are forces operating behind the scenes that limit your options.

Pisces

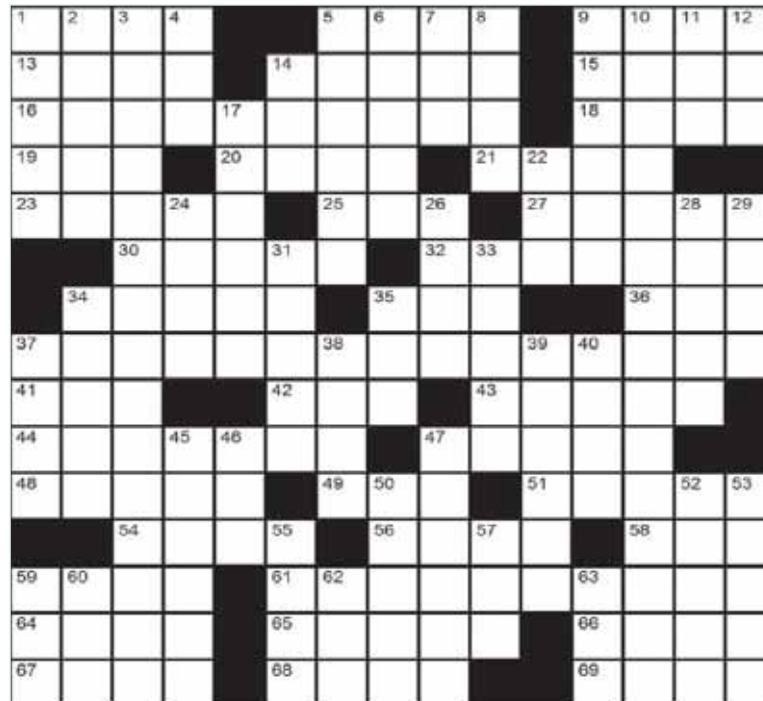
Feb. 20 - March 20

If someone wants to make a nuisance of themselves, let them. Most likely, they are hoping you will overreact. Treat them with the contempt they deserve — ignore them completely. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- ...seis, siete, ...
- Margaret Mitchell's epic book of '36
- Rabbit-style tail
- Scorch
- Medieval thigh armour, variantly
- #5-Across home
- It's currently underway in Russia: 2 wds.
- AD = __ Domini
- Oxygen
- Robert Burns' 'old'
- Money obligation
- Mythological tree nymph
- Type of rally
- Get cut, do this
- American poet Sylvia
- Port __, BC
- Russian river
- Orlando's l'il state
- Implore
- Cultural attractions in Ottawa: 2 wds.
- Meal scrap
- '90s album: 'A Boy Named __'
- Grocery section
- Canadian actress Wendy
- Outrageous interest rate
- North or South country
- Practically forever
- Canadian measurement
- Soaks flax
- Bon Jovi's Mr.



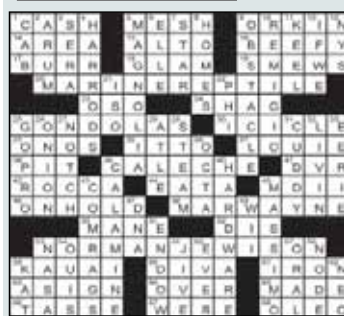
- Torres
58. "Take on Me" band
59. Vancouver-born broadcaster, __-Yin Lee
61. Billboard toppers: 2 wds.
64. Pottery-firing furnace
65. Classic theatre

66. Give out
67. __ 'Orleans, Quebec
68. Get a paycheck
69. Ptolemy's pursuit, puny-ly
- Down**
1. Group of eight
2. Church singing group
3. It put Daniel Radcliffe on the map: 3 wds.
4. Legendary monster
5. 'G' of Ontario's U of G
6. Actress Olivia
7. Airport screening org.
8. Colin James' " __ You Lie"

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

26. Warm climate tree
28. " __ of the State" (1998)
29. Makes ground holes
31. Sylvester Stallone/Kurt Russell movie, " __ & Cash" (1989)
33. Hails
34. Writer of ancient Rome, Marcus Terentius __
35. "And __, she don't know...": Bit of The Supremes' "Back in My Arms Again"
37. Arrow-to-bow-string groove
38. Five-star
39. Pink-fleshed fish, en français
40. Emerald land
45. "Kiss Land": Album by Canadian artist The __
46. Took a chair
47. Early Celine Dion song
50. CC-138 Twin __ (Search and Rescue aircraft of the RCAF)
52. #5-Across' leading man
53. Facilitator
55. Cobbler's fixed thing
57. NFL's Bengals, on scoreboards
59. Do alpine-ing
60. Pantry product
62. Ms. Lupino
63. "Today" rival, commonly

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today -7°/-14° Variable

Friday -2°/-3° Partly cloudy

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